

Mix with the best

HEALTHY EATING WITH JAMIE OLIVER'S MOBILE KITCHEN

Barry Kennedy

WORLD renowned British chef Jamie Oliver is bringing his mobile kitchen to Hume.

Jamie's Ministry of Food has been lauded for teaching the community healthy ways to cook and eat.

As part of the State Government's Healthy Together Victoria program, Hume is one of 12 regions to host the kitchen on wheels.

Hume Mayor Geoff Porter said the visit would build on the Healthy Together Hume

program, a joint approach by Sunbury Community Health Centre, Dianella Community Health and Hume Council.

"We are working hard to increase healthy eating and physical activity across the municipality and Jamie's Ministry of Food mobile kitchen will compliment a range of exciting activities for the community to get engaged with," Cr Porter said.

Jamie's Ministry of Food trainer Ashley Kavanagh said working in the mobile kitchen was "a colourful

world", with a huge cross section of people who become involved and a large variance in skills.

While the use of fresh, seasonal ingredients and quick, easy and affordable recipes made the five sessions valuable, Ms Kavanagh said it was having a go that made the biggest difference for participants.

"For some people who take part, it is getting involved in the community which is the real success," she said.

"It's getting out of the

house and getting involved and you see their confidence rise over the five weeks to the point where we become a little family and share a family meal."

Teachers, chefs and community development workers are among the trainers.

Two learning blocks are scheduled in Broadmeadows - from November 27 to January 21, 2014 and January 22 to February 25.

Classes cost \$10 per session or \$5 for concessions. Bookings: jamiesministryoffood.com